# Young British women prefer early nights as social habits evolve



Recent research indicates a notable shift in the social habits of young British women, with a growing preference for early bedtimes following a night out. The Guardian has highlighted findings from a study conducted by skincare company No7, which reveals that 51% of women prefer to be tucked up in bed by midnight after socialising. Moreover, 65% would choose an evening spent at home rather than going out, while only 5% consider dancing with friends to be their ideal night.

This change occurs against a broader backdrop of nightlife transformations across the UK. Over the past five years, approximately 400 nightclubs have closed, attributed to factors including rising operational costs, reduced disposable income among consumers, and a generational decline in drinking culture. Experts suggest that increased awareness of alcohol’s impact on both mental and physical health also plays a significant role in these evolving habits.

Historically, late-night socialising involving heavy drinking and extended hours was common. However, health concerns and lifestyle shifts appear to be reshaping younger generations' approach. The Wall Street Journal named 9pm as an emerging bedtime for people in their twenties, underscoring the trend towards earlier sleep schedules.

Supporting this shift, data cited by the Washington Post reveals that American males aged 15-24 are sleeping 50 minutes longer on average per night than they did in 2010. Increased sleep is associated with enhanced focus, improved mood, and better cognitive function throughout the day, suggesting potential benefits to overall wellbeing.

Nevertheless, not all consequences are wholly positive. The rise in remote working has reduced opportunities for face-to-face social interaction, possibly diminishing physical social networks. Additionally, lingering concerns from the Covid-19 pandemic contribute to reluctance among young people to spend prolonged periods in crowded indoor settings.

While some may dismiss these changes as signs of a more reserved or less adventurous generation, others frame them as ‘sensible’ adaptations that promote better mental health and physical wellbeing. The Guardian’s piece concludes on a light-hearted note, contrasting past raucous nights with the current trend of prioritising rest and self-care, a perspective that resonates amid today’s complex social and global environment.

Source: [Noah Wire Services](https://www.noahwire.com)